Hints on Using Bathroom Scales

Moving your scale around frequently may affect its accuracy, so if possible, try to leave it in a permanent position that has a firm and even surface. After moving it, ensure it shows zero correctly before using it again.

Body weight varies with a number of factors including the amount of food recently eaten, the amount of waste recently expelled by the body, vigorous exercise and of course, the clothes you wear. If possible, try to weigh yourself at the same time of day under the same conditions and with the same clothes on, or preferably no clothes on. This will reduce the chance of getting unexplained variations in weight.

Don't try to compare your weight on a number of scales. You may find you get different weights, which can be frustrating and confusing. The differences could be due to some scales being slightly inaccurate and / or your own body weight varying due to one or more of the factors mentioned above.

Even if a scale appears slightly inaccurate, it will normally give you an accurate measurement of the variance in your weight from the previous times you weighed yourself. Most people purchase a scale to monitor their weight every now and then or to monitor loss or gain of weight during a loss / gain program they have chosen. If you regularly use the same scale under the same conditions, it should monitor changes in your weight accurately.

Strain Gauge Technology

This scale uses Strain Gauge technology, which is an electrical resistance or "strain" measured by a steel bar, within the scale, being depressed by the weight of the person on the scale. This "strain" is then converted to a digital weight readout. This technology was once confined to professional scales costing thousands of dollars. It provides superior accuracy to mechanical scales and some digital scales, which otherwise depend on measuring the stretching of a spring as the weight is applied.

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Propert®

PRECISION ELECTRONIC BATHROOM SCALE

Model 1650

OPERATING INSTRUCTIONS

Instructions for Use

Before attempting to use the scale, remove all packaging.

1. The scale can display your weight in kilograms or stones/pounds. Use the selector switch on the side of the scale to select your preferred option.

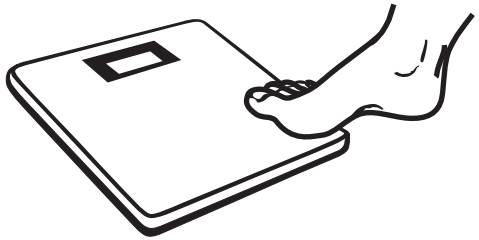
2. Insert the 9 volt alkaline battery into the battery compartment on the bottom of the scale. Make sure the positive (+) and the negative a (-) terminals are corrrectly positioned and the wire which connects the battery compartment to the scale is not caught under the battery as shown below.

Replace the battery compartment cover

3. Place your scale on a firm and even surface. Use on soft or uneven surfaces may cause inaccurate readings.

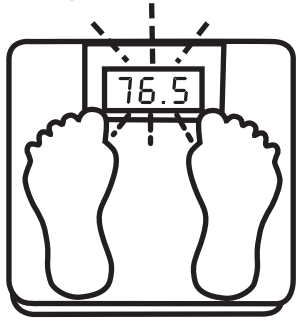
4. Before stepping onto the scale, gently tap the lower right corner of the scale platform with your foot to turn on the scale. The readout will display "8888" followed by "0".

5. When the "0" appears on the display, step on the scale. When standing on your scale, make sure your feet are placed evenly on it, your weight is distributed evenly between your feet and you stand perfectly still.



Movement, leaning backward or forward and not standing evenly on your scale, will affect the accuracy of the weight shown.

6. Once the scale has measured your weight, the correct weight will flash twice. The weight will then be displayed for about 5 seconds before the scale automatically turns itself off.



Automatic Switch-Off

If you tap the platform and the display shows "8888" followed by "0", and then you don't stand on the scale, the display will turn off after about 5 seconds.

Overloading

If the scale is overloaded, the following will be displayed: "Err". Remove the weight immediately or damage to the scale may occur.

Low Battery Indicator

When "Lo" is displayed on the readout, the battery must be replaced.

Remember, always use a fresh, good quality alkaline battery.

Caring for your scale

Clean the scale with a damp cloth, but do not allow water to get inside the scale.

Remove the battery if the scale is not being used for a long period of time.

Specifications

Model 1650

Capacity: 136kg (21st/6lb)

Graduation: 0.2kg (0.5lb)

Weighs in Kilograms (kg) and Stones/Pounds (st/lb)

Requires 1 x 9 volt alkaline battery (not included)

Battery Warning

BATTERY WARNING:

INTERNAL BURNS / CHOKING HAZARD

Swallowing batteries may lead to serious injury or death (severe burns can occur within 2 hours).

IMMEDIATELY SEE A DOCTOR

Emergency Telephone Numbers

AUSTRALIA 000 NEW ZEALAND 111

Poisons Information Centre

AUSTRALIA 13 1126 NEW ZEALAND 0800 764 766

KEEP BATTERIES OUT OF REACH OF CHILDREN

Dispose of batteries immediately and responsibly

- Non-rechargeable batteries are not to be recharged.
- Only batteries of the same or equivalent type are to be used.
- Batteries are to be inserted with the correct polarity.
- Remove exhausted batteries from the product.
- Remove batteries from the battery compartment when not in use.
- Never throw batteries in a fire or attempt to open up their outer casing.